

NEWS

From the North Hub

July and August 24

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@ageuk_wf



@ageukwf



@ageukwalthamforest

Hello,

We hope you are enjoying the Summer now that it has finally arrived! The warm weather has allowed us to make the most of our garden for activities, and so we thank all our volunteers who help to maintain and keep it looking nice. We all need to ensure we look after ourselves during hot weather, so do read our feature on page 8 about drinking enough.

We're also pleased to launch our programme of FREE support with digital technology. Our 'Fab Four' expert volunteers are leading a range of classes and support sessions, together with one-to-one support. Please see more on page 4.

We aim to include features in this Newsletter that will be of interest to our readers. If there is something you would like to know more about, or share something of interest, we'd love to hear about it so please do let us know.

Best Wishes,

Emma Tozer
CEO Age UK
Waltham Forest



Will you be joining our Summer Sounds Showcase?
See page 5 for more info

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Age UK Waltham Forest
Waltham Forest Resource Hub (North)
58 Hall Lane, Chingford E4 8EU

Tel: 020 8558 5512 email: info@ageukwalthamforest.org.uk
www.ageukwalthamforest.org.uk

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REGULATOR**

News

Windrush Celebration



Enjoying a delicious Caribbean Lunch

The sun was shining in our Hub garden for our Windrush Celebration in June! Around 100 local black older residents who use our Befriending service attended this event and enjoyed delicious Caribbean food in the sunshine, while listening to the Harry Hughes Junior Steel Band.

Pupils from Lammas School were on hand to help with serving drinks and a big thank you goes to them and all the volunteers who helped out, with special thanks to Stow Brothers who helped out on the day and provided lifts to enable guests to attend.

The highlight of the afternoon was the beautiful poetry written and read by the pupils. As part of their school project, they were inspired by the case studies featured in the *Unheard Stories* exhibition to write their own poems about those featured and performed them at the party. How good to know that the Windrush stories are inspiring the next generation.



A great afternoon listening to each others stories

Fish and Chip Quiz

In June we held a Quiz evening of double delight as we celebrated National Fish & Chips Day with a delicious fish and chip supper and the quiz included special D questions, to celebrate the 80th anniversary of D-Day.

Our fantastic band of knitters made some beautiful poppies that along with the entry tickets and raffle helped us raise over £430. This will go towards funding our Veterans Group activities. We'd like to thank everyone who contributed and supported this event.

We are always looking for knitters to join us to help us raise funds for our work. We can provide you with wool, patterns and inspiration! Please contact Helen at h.bigham@ageukwalthamforest.org.uk to get involved.



Our team at the London Legal Walk

Walking the walk

We were thrilled to take part in the London Legal Walk in June, which raised money to fund our Information & Advice team at the Hub. We extend a heartfelt thank you to all the walkers who participated and to all those who generously sponsored them. Together, we raised over £3000, which will provide advice and support to the hundreds of local people using our Information & Advice service each year.

Special thanks go to our trustee, Rupert Williams, who was instrumental in getting this fundraising event off the ground!

If you have an idea for fundraising or would like to volunteer at an event please contact Helen our Community Fundraiser at h.bigham@ageukwalthamforest.org.uk

News

Leyton Residents – Your opinion counts

Waltham Forest Council wants to know your views about the proposed redevelopment in the Coronation Square and Score Centre area of Leyton, to connect the development to the local community, Leyton Station and existing amenities on High Road Leyton, with a view to making it greener, healthier and more pleasant.

In the past, the local community has raised concerns about the speed and volume of traffic using Lyttelton Road, York Road, Dunedin Road and Adelaide Road. Therefore, they would like residents of this area to complete a short survey to inform a safer, more accessible development. The survey is open until 8 July and is available together with more information at <https://talk.walthamforest.gov.uk/dunedin-area-improvements>

Paper surveys are available at Leyton Library, High Road, E10 5QH.

Help with making a Will

It's easy to put off making a Will, as it may be something we don't want to think about or not know how to go about it and then the cost. However, it's important to have a Will to ensure that your loved ones and those you care about are provided for and to ensure your wishes are met. So, we are currently looking at developing an offer for a discounted or free Will, which we will tell you more about soon. If you are interested in knowing more, please contact us 020 8558 5512 or email info@ageukwalthamforest.org.uk

If you would like to leave a gift to Age UK Waltham Forest in your Will and would like more details, please contact h.bigham@ageukwalthamforest.org.uk



Donate your unwanted Jewellery



Do you have any old jewellery sitting in the drawer that's either broken or that you no longer wear? If you can, please consider using our recycling envelope enclosed with this mailing to help us raise money. You can use this to recycle broken or damaged jewellery in gold or silver, as well as costume jewellery, watches, old bank notes UK and foreign currency. All funds will go towards funding our core services.

Health checks at the Club



In May our Wednesday Coffee Club was joined by the Wood Grange GP surgery to free host health checks. On offer were blood pressure checks, blood sugar checks and Covid vaccinations and four people were referred for emergency GP appointments. This will be repeated in the autumn.

Jumble Trail- 22nd September

Join our trail of home jumble sales which are mapped out for people to follow and shop. If you live in the South Chingford area, you can host a sale in your front garden to sell clothes, books, bric-a-brac, plants, whatever you fancy.

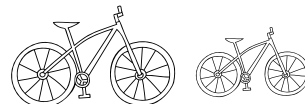
Time: 11:00am – 3:00pm

To book a stall, we ask you to make a minimum donation of £5 to ensure that you are put on to the online Google Jumble Trail Map. To do this register at www.justgiving.com/page/south-chingford-jumble-trail-2024

Then send us an e-mail to events@ageukwalthamforest.org.uk to confirm you've made a donation with your full address including postcode and we'll get your stall on the map!

You can also support us with a Stow Brothers Estate Agent board to help publicise the Jumble trail. Age UK Waltham Forest will receive £10 for every board displayed. Let us know if you can help.

Adaptable Cycles to try out



A new inclusive cycle loan scheme is being offered by the charity Sustrans to any Londoner who may need an

adapted cycle. It will provide a telephone consultation with a cycling expert, with whom they can talk through their access needs and the available forms of adapted cycles, such as tricycles or hand powered cycles and help them choose the best fit for them. The cycle can then be taken to their home and they will be given a training session and be able to loan the bike for up to a month.

For more information visit:

<https://www.sustrans.org.uk/our-blog/news/2024/may/ensuring-cycling-is-for-everyone-unique-accessible-cycle-loan-scheme-arrives-in-london/>

FREE Technology Support!

We have been running computer training for older people in Waltham Forest for more than a decade. So we are delighted to launch our new programme of FREE support for anyone 60 or over! We host a range of classes, help sessions and talks which are relaxed and friendly and led by our fantastic team of expert volunteers Mike, Charlie, John and Phil. We believe that technology should be available to all to learn, and be exciting, interesting, useful and fun. So, don't miss out!

Our digital support ranges from absolute beginners to more advanced topics for those with some knowledge. We cover all manner of technology for PCs, laptops, tablets and phones.

What we offer

Weekly Silver Surfers Classes

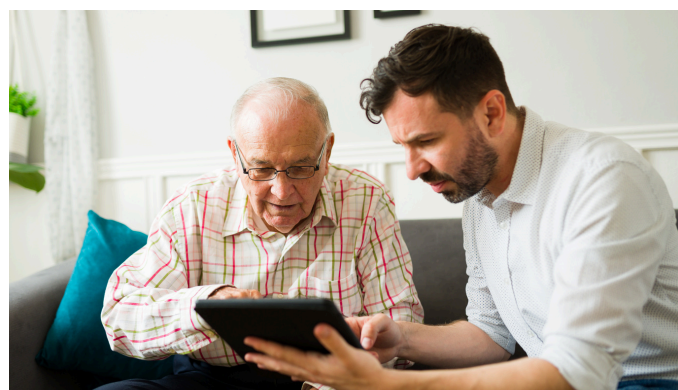
Our team lead a class every week on a different theme every Thursday 10.00am-12.00pm. See page 6 and 7 to check out what is coming up!

Classes are held at the Hub, which are free and are also available via Zoom.

Weekly Tech Q&A

Need help or advice about computers, tablets, smart phones or other technology? Every Thursday between 12.00am – 12.30pm, our expert team are here at the Hub to answer your questions. No need to book.

NB this session is for questions only, Please do not bring devices in to be looked at.

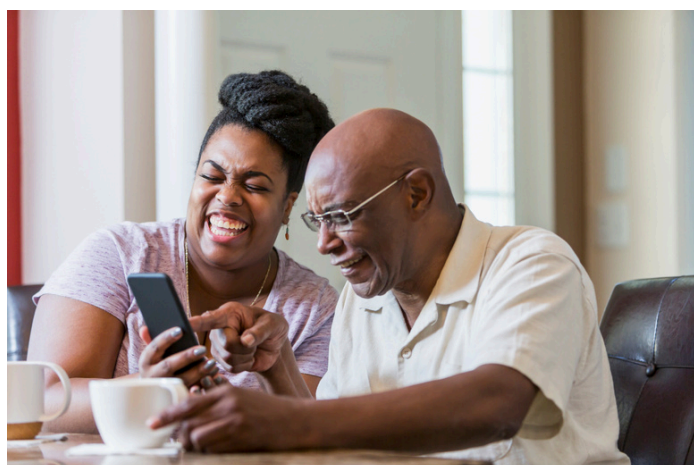


Hands on Classes

We offer practical step by step classes for complete beginners or how to use a specific programme such as Microsoft Excel or Facebook. Classes are held in our own learning suite and limited to six people, so booking is essential.

Free SIM card data offer

We have some free SIM cards to give away for people on low income. The cards will last for six months and your mobile phone number may change (unless you request a PAC code transfer) To qualify, you need to be over 60 and be in receipt of means tested benefits (such as pension credit or universal credit), and we will need to see proof in the form of your bank statement or your DWP benefit letter.



FREE Technology Support!

One-to-one Support

Monthly Drop-in Digital Support Session

Do you need some one-to-one support with your computer, tablet or phone? Maybe how to download an app, or share a post? Come along with your device and we will sit down with you to try and solve your issues on your device.

We run these drop-in sessions on the 3rd Monday of the month at the Hub, 1:30-3:30pm. There is no need to book just turn up with your device!

Digital Buddies

We offer one-to-one sessions on Thursday and Fridays with our digital buddy volunteers, where you can bring your own device. Sessions up to two hours and booking is essential

If you need assistance but are not able to come to the Hub, we can visit you at home. Our Digital Buddies are volunteers, screened by us, who can assist you with learning to use your new device, advise on linking to a printer, help with how to do an online shop, as long as it's on your own device. They cannot fix broken devices.

If you would like to book or any more information, please contact us on 0208 558 5512 or events@ageukwalthamforest.org.uk

Highlights: Events, Talks and Walks

Summer Sounds Showcase

17 July - Join us for our Summer Sounds Showcase - book your place!

We invite you to our celebration of community live music, which promises to be a real hit! Featuring a great line up from local musicians, local band Loose Change, our own community music group with Soundcastle and the Waltham Forest Community Choir encourage a singalong to songs of the 1960s and 70s.



Waltham Foerst community Chior in action!

Date: Wednesday 17 July

Time: 11:00 AM - 3:00 PM

Location: Our Garden at The Hub

Tickets: £5, they are available to reserve from the Hub (front desk) or contact events@ageukwalthamforest.org.uk.

Seats are limited so please book early

Tea and cake included in ticket price.

As we are running this event our usual Coffee Club won't be running on 17th July



Highlights: Events, Talks and Walks

Fancy a game of whiff-waff?

Known by many names across the world - ping pong, pom-pom, clip-clap or plain old table tennis - it continues to be a popular activity here at the Hub. And Waltham Forest plays part in its history: did you know that at one time all the ping pong balls in the world were produced by the Halex factory in Highams Park?

So why not join our weekly table tennis sessions on Tuesday afternoons! Whether experienced or a complete beginner, it's a friendly group and great fun! We run two sessions 2:00pm to 3:00pm and 3:15pm to 4:15pm. No need to book, cost is just £3.00 and we'll provide bats and balls and refreshments.



Our table tennis club in action

Silver Surfers talk: Apple Mac v PC

11 July 10am

What is the difference between the two operating systems and how easy is it to change? What are the advantages and disadvantages of an Apple Mac Computer? We explain the way that iPads and iPhones interact with the Mac and how the Mac can interface with Microsoft Windows.

Silver Surfers talk: Excel is interesting! (honest)

17 July 10am

Excel mistakenly has the reputation of being “just for accountants and people who work with figures”. As a result, some people assume “it’s not for them” and miss out on something really useful. There are lots of uses that don’t have any numbers or calculations at all. Come along to this beginner’s session and see how it could be of use to you. You might be surprised. We’ll even show you free alternatives to the chargeable products.

History Walk: Victoria’s Secrets

Monday 22 July 2pm

Victoria’s fascinating history will be uncovered on this walk around the area’s backstreets.

Discover which unfinished ecclesiastic building was built on the site of a correction house for “indolent paupers”, hear about the brewery that used to stand on the site of a shopping centre, see evidence of the various charity schools and alms houses that peppered the area and see the burial ground said to be the resting place of Captain Thomas Blood who attempted to steal the Crown Jewels.

Our guide is Joanne Moncrieff, cost £5, booking is essential

Silver Surfers talk: Using WhatsApp and YouTube

25 July 10am

A two part social media session on the video watching and sharing service YouTube and the messaging and phoning service WhatsApp.



To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Highlights: Events, Talks and Walks

Special Interest talk : How does music do what it does to you?

1 August 10am at the Hub

Fascinating talk about music technology from the ancients to the electric guitar. Covering instrument technology, social and political context, a bit about beliefs, music theory and maths.

This talk is free but booking is essential

Silver Surfers Talk: Smart Homes

8 August 10am at the Hub

It's no longer science fiction! Control your home with your voice, improve your security and save energy

Silver Surfers Talk: Powerpoint & Google Slides

15 August 10am at the Hub

If you think PowerPoint and Google Slides are only for giving lectures, you may be surprised. We'll show you the basics of each and offer some interesting unusual uses. For example, what about using them to make talking books for the grandchildren that you can read together? Books containing their pictures as characters and their voice speaking when you click! Maybe get the child to help you make it together. You could use it as basic desktop publishing - create printable celebration cards by setting custom page sizes like A4 portrait. We'll give an overview of both Microsoft PowerPoint and (free) Google Slides. We'll also mention PowerPoint's free clone, Libre Impress.

Silver Surfers Talk: Starting with X/Twitter

22 August 10am at the Hub

Learn how this social media network can work for you, how you get started, how to tweet, and retweet, how to attach pictures and links, how to follow and unfollow and how to control your privacy.

History Walk: From Pimp Hall to Ale House Field (Chingford)

Wednesday 28 August 11am

In 1897 the Medical Officer of Health reported that Chingford was 'cut off, as it were, to a great extent from the rest of the world'. It is obviously not cut off now, but it has a very different history to its near neighbour Walthamstow less than 4 miles away.

Epping Forest has played an important part in the history of Chingford. On this walk, which uses old maps we will see how the area has evolved and other cases see what remains from times gone past.

Hidden away between the allotments and the local tip can be found a dovecote which dates from at least the 17th century and is all that remains of Pimp Hall, one of Chingford's long lost manor houses.

The diverse range of characters who have made their mark on Chingford include T E Lawrence, Henry VIII, Queen Elizabeth I, Queen Victoria and the creator of the FA Cup. Ivor Novello features too, during WWI he was stationed at the airfield now underneath a reservoir.

The walk finishes at a 19th Century refreshment retreat on the edge of Epping Forest but only a 10 minute downhill walk back to the station

Our guide is Joanne Moncrieff, cost £5, booking is essential

Silver Surfers Talk: eBay basics

29 August 10am at the Hub

Want to learn about buying or selling on eBay? Learn the basics, such as creating an account; listing an item; eBay fees; getting paid; shipping and feedback.



To book for any of our activities, please contact events@ageukwalthamforest.org.uk or 020 8558 5512.

Sip, Sip Hooray!



Our bodies need plenty of water to work. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins and keeps the skin healthy. Dehydration happens when we don't have enough fluid in the body and, as we get older, the body's ability to regulate its fluid balance lowers. Also, our sensation of thirst can reduce as we age, so we may not realise soon enough that we become dehydrated.

So when you are thirsty, it can mean that you are already dehydrated. This is particularly true if you have had a stroke or have Alzheimer's disease. Therefore for older people, dehydration is common and is one of the most common diagnoses on admission to hospital.

Do you have 6-8 drinks a day?
Drinking enough improves skin, concentration, balance, memory, energy and mood.

The obvious signs that you may be dehydrated include feeling thirsty, having a dry mouth, lips or tongue. You may feel light headed, tired or confused. This could cause you to feel unsteady on your feet and could increase your risk of tripping or falling over. You may pass urine more often or less often than usual, which in turn may lead to urinary infections and incontinence. Being constipated can also be a sign that you are not drinking enough fluids.

What can I do?

Dehydration is mainly caused by not drinking enough, but can happen for other reasons, such as a side effect of prescribed medication, diarrhoea, excessive sweating, loss of blood as well as diseases such as diabetes. How much you need to drink varies for different people and different situations but remembering to take regular sips throughout the day is a good place to start.

- Have 6-8 drinks per day (a normal cup or glass size). All hot and cold drinks (non-alcohol) count, although try to drink fewer drinks containing caffeine as this can act as a diuretic. You could keep a chart on your fridge to keep track
- If you take medication, take with a full drink
- Keep a water bottle with you all the time and take sips regularly throughout the day
- Eat food that is high in fluid, such as soup, vegetables, salads and fruit. Don't forget ice lollies, jelly, custard and milk on cereal all contain fluid too
- If you are worried about getting up in the night for the loo, don't drink alcohol or caffeine close to bedtime, and drink earlier in the day
- In hot weather, or after exercise, or if you have been sick or have diarrhoea, you may need to drink a bit more
- Keep an eye on the colour of your urine, it should be a pale clear colour



Worried about not making it to the toilet?

Many of us don't drink as much as we should because we are worried that we might not make it to the toilet in time. If this applies to you, you should speak to your GP or contact your local continence service who will be able to advise you on managing this.

Note for Carers

A person you care for may not have a sense of how much or little they are drinking. You can help them by making sure they drink at mealtimes, offering them food with a high fluid content, having water at their side at all times and encouraging them to drink regularly in moderate amounts.

Council Tax Support



Many people may be unaware that they are eligible for a discount to their council tax, which in turn could mean a significant saving each year. Not everyone has to pay the full amount and some people don't have to pay anything at all.

You are likely to qualify for a discount to council tax if you are an adult living alone, or in receipt of disability benefit or live with someone with dementia. You may also get discounts if you live with one other person who is a full time student or, in certain circumstances, a live-in carer who is not related to you.

Sole occupant

An adult living alone will qualify for a 25% single person's discount to their council tax bill. This is important to remember if your circumstances change, such as when a partner or housemate dies or leaves.

Severe Mental Impairment (SMI)

Adults who have dementia, Parkinson's disease, profound learning disabilities, multiple sclerosis or a severe stroke may qualify for exemption from council tax. They would need to be medically certified by a doctor as having a 'severe mental impairment'. The doctor can complete an SMI form that can be sent to your council to enable this person's exemption from paying council tax. This means that if you live with someone who has dementia, you would qualify for the 25% single person's discount. The person would also need to be in receipt of either Attendance Allowance, Disability Living Allowance (DLA) middle or high rate or Personal Independence Payment (PIP) daily living component to qualify for the discount.

Disability and means testing

If you are in receipt of a disability benefit, such as Attendance Allowance, PIP or DLA, and you are in receipt of means tested benefits such as pension credit, or housing benefit, you may be entitled to a severe disability premium, which can be paid as a discount to your council tax. You would only qualify for this if nobody was receiving carers allowance for caring for you.



How to know if I qualify?

You can use the Age UK online benefit calculator to tell you if you qualify for a discount

benefitscheck.ageuk.org.uk/Home/Start/

If you don't have access to the internet, you can call the Information & Advice team who can book a benefits check for you.

How do I apply?

To apply for Council Tax support, you can only do this online by visiting the Waltham Forest council website
www.walthamforest.gov.uk/council-tax

If you don't have access to the internet, you can either do this via Library plus or call the Information & Advice team who can arrange to assist you with the application.

For more information and advice, contact the Information & Advice team on 020 8558 3404 or contact@ageukwalthamforest.org.uk

Weekly Activities Timetable

July August 24

All our activities are weekly unless stated otherwise

Monday

10:30-11:30am	Walking Football-Pastures E11 3DR	Donations
11:30-12:30pm	Tai Chi- The Hub	£5
1:30-2:30pm	Fitness Classes- Yonder E17 6DP	£4
1:30-3:30pm	Monthly Digital Help and Support- The Hub (3rd Monday of the month)	Donations
1:30-4:30pm	Veterans Coffee Club at the Hub- (2nd and 4th Monday of the month)	Donations
1:30-4:30pm	Bereavement Support Group- The Hub (1st Monday of the month)	Donations
2:15-3:00pm	Tai Chi- Priory Court E17 5NB	Donations

Tuesday

10:00-11:00am	Tai Chi- The Hub	£5
11:15-12:15pm	Bollywood Dance- Crate E17 7FY	£4
11:00-12:00pm	Walking Group- E17	Free
11:15-12:15pm	Tai Chi- The Hub	£5
12:00-1:00pm	Walking Tennis- Ridgeway Park	£4
2:00-3:00pm	Table Tennis- The Hub	£3
3:15-4:15pm	Table Tennis- The Hub	£3
4:30-5:30pm	Healthy Hearts- Winchester Road E4 9JP	£5

Wednesday

10:00-10:45am	Tai Chi- The Seddon Centre E10 5AS	Donations
10:00-11:00am	Zumba- Crate E17 7FY	£4
10:00-1:00pm	Coffee Time- The Hub	Donations
11:15-12:45am	Tai Chi- Mornington Hall E4 7EN	Donations
11:45-12:30pm	Tai Chi- Lea Bridge Library E10 7HU	Donations
12:00-1:00pm	Veterans Lunch Club- Leyton Orient E10 5LG (Last Wednesday of the Month)	Donations
2:00-3:00pm	Seated Yoga- The Hub	£5
3:00-4:00pm	Ukulele Improvers- The Hub	£5

Weekly Activities Timetable

July August 24

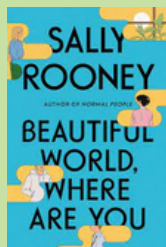
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Thursday	10:00-12:00pm	Silver Surfer Classes Zoom/ The Hub	Donations
	12:00-12:30pm	Weekly Tech Q&A at The Hub	Donations
	10:30-11:30am	Walking Football-Feel Good Centre E17 5AA	£4
	1:45-2:25pm	Tai Chi- Zoom only	Donations
	2:00-4:00pm	Book Club- The Hub (2nd Thursday of the month)	£3
	2:30-4:00pm	Craft Club- The Hub (Last Thursday of the month)	Donations
Friday	9:30-10:15am	Tai Chi- Leyton Library E10 5QH	Donations
	10:00-10:45pm	Tai Chi- Zoom only	Donations
	11:30-12:15pm	Seated Yoga- Zoom only	Donations
	11:30-12:15pm	Tai Chi- Leytonstone Library E11 1GH	Donations
	2:00-3:00pm	Pilates- The Hub	Donations
	2:00-3:30pm	Walking Tennis- Lloyd Park	Donations
	3:15-4:15pm	Pilates- The Hub	Donations
Saturday	9:00am	Veterans Breakfast Club - Greene Man E4 6RB (1st Saturday of the month)	£5

Book Club

Books for July and August

11 July



Beautiful World,
Where are You
Sally Rooney

8 August



Le Grand Meaulnes
(The Lost Estate)
Henri Alain-Fournier

For more information about our book club, please email
Ingrid at i.ambrose@ageukwalthamforest.org.uk
or call 020 8558 5512

Need tech Support?

Book a one-to-one session with one of our digital buddies at the Hub. They can help you solve problems on your device

Thursdays from 10am- 4:30pm

Fridays from 10am- 3:30pm

To book please contact us on
020 8558 5512 or
events@ageukwalthamforest.org.uk

Our Services

Information and Advice team

can help with benefits advice, benefit calculations, form filling, as well as advice on housing issues, energy saving, care and support, social prescribing, health and wellbeing.

Call us on 020 8558 3404 or email contact@ageukwalthamforest.org.uk

Information and Advice Drop-in service at Priory Court, Walthamstow
Wednesday from 9:30am-12:30pm



Befriending team

matches volunteers with individuals over 60 who live alone for companionship and friendship. For more information call us on 020 8558 8716 or email info@ageukwalthamforest.org.uk

Veterans Club Waltham Forest

for information about our activities or to join call us on 020 8558 5512 or email veterans@ageukwalthamforest.org.uk



Footcare

every Tuesday and Wednesday, with appointments from 10am to 4pm at The Hub. Cost is £22 for toenail cutting. A telephone assessment is required before your first appointment. To book an appointment, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Shopping Service

we can take your shopping order by phone and it will be delivered to you, with an admin fee of £2 per shop. To find out how it works, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Prescriptions

we pick up your prescription for you. To find out more, call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Handyperson

we can help with basic jobs like putting up a shelf, assembling flat-pack furniture, simple plumbing and electrical repairs and simple gardening work. Cost is £25 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk

Help at Home

we can help with cleaning, laundry, ironing and other light housework. Cost is £21 an hour. For more information call us on 020 8558 5512 or email support@ageukwalthamforest.org.uk



Age UK Waltham Forest has achieved the Age UK Charity Quality Standard (CQS). The CQS is externally assessed by quality assessment experts, SGS